

EXERCISE PROGRAMS

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COURSE OUTLINE

- What is exercise?
- Why should we exercise?
- Exercise equipment
- Exercise frequency / duration
- Types of exercise
- Wheelchair exercises
- Impact of exercise
- References and resources

What is exercise?

- physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body.
- activity performed in order to develop or maintain physical fitness and overall health

Why should we exercise?

- Benefits of performing physical exercise:
 - Improved muscle strength and flexibility
 - Improved endurance and performance
 - Improved cardiovascular / respiratory function
 - Improved brain functions (memory)
 - Decreased risk of health conditions / diseases

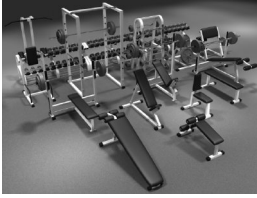
Exercise Precautions

- **IMPORTANT:** Before you start exercising, make sure you clear any physical activity with your doctor, especially if you have:
 - a heart condition
 - breathing difficulties or conditions
 - history of falls
 - history of seizures
 - a physical disability

Exercise Equipment

- Free weights and pulley systems
- Resistance bands
- Exercise / Swiss balls
- Exercise equipment for use in the pool
- Low-tech / alternative exercise equipment
- Your own body weight as resistance

Free Weights and Pulley Systems



Resistance Bands



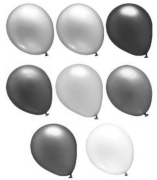
Exercise Balls



Aquatic Exercise Equipment



Low Tech Equipment Alternatives



Types of Exercise

- Stretching - moving body parts to lengthen muscles and connecting components
- Aerobic - exercise designed to increase heart rate
- Resistive - exercise that involves pushing / pulling against resistance
- Aquatic - exercise performed in the water

Stretching

- **IMPORTANT:** always try to stretch before and after you perform physical exercises
 - Reduces risk of injury
 - Improves performance

Assistive stretching

- If you need help with stretching, the following are examples of assistive stretching techniques:
 - Head / Neck stretch
 - Shoulder stretch
 - Hamstring stretch
 - Heelcord stretch
 - Hip flexor stretch

Self-stretching

- Here are some self-stretching exercises you can do by yourself:
 - Head / Neck stretch
 - Hamstring stretch
 - Heelcord stretch

Head and Neck Stretch

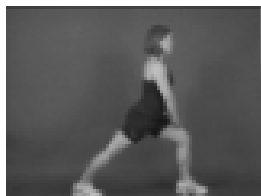


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Hamstring Stretch



Heelcord Stretch



Aerobic Exercise

- These are a few aerobic exercises you can try:
 - Jumping Jacks
 - Jump Rope
 - Running in place
 - Step Aerobics

Resistive Exercise

- USING YOUR OWN BODY WEIGHT
 - Push-ups, sit-ups, bridges
 - Squats, hands-and-knees
 - Exercise on steps / stairs

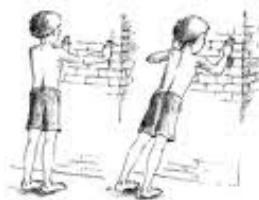
Push-Ups



Push-Ups (easier)



Push-Ups (easiest)



Aquatic Exercise

- Here are some exercises that can be done in a pool:
 - Walking across pool
 - Jumping up and down
 - Marching in place
 - Wall kicks

Wheelchair Exercises



WHEELCHAIR PUSH-UPS

Wheelchair Exercises



REACHING IN WHEELCHAIR

Wheelchair Exercises



RESISTANCE BAND

Impact of Exercise

■ Personal Stories:

- Kathy
- Jim
- John

References

- All pictures included in this presentation were taken from images.google.com
- For videos on specific exercises and activities, visit www.youtube.com and type “exercise” or other keywords like “wheelchair exercises”

Resources

- For more information related to Physical Therapy for individuals with developmental disabilities, visit these sites:
 - www.pediatricapta.org
 - http://physicaltherapy.about.com/od/pediatricphysicaltherapy/Pediatric_Physical_Therapy.htm
 - http://en.wikipedia.org/wiki/Physical_therapy
